

UPCOMING EVENTS AT LAMB HOUSE- OCTOBER

<u>DATE</u>	<u>TIME</u>	<u>EVENT</u>	<u>COST</u>
Tuesday 8 th October	13:30 - 15:00	Musical Bingo Afternoon: 80's theme bingo, includes tea/coffee.	£4.50
Friday 11 th October	10.00–11.30	Air Fryer Cooking Demonstration: 18 Spaces available.	Free
Tuesday 15 th October	10.30-13.30	Harvest Festival Party Event: Quiz, raffle and games followed by a 2-course lunch and entertainment from Choir & Ko.	£15.50
Wednesday 23 rd October	16.00-18.00	Bingo Fish & Chips: Join us for our monthly fun and fish!	£13.50
Thursday 24 th October	10.30-11.30	Fundraiser: Join us at the café in Lamb House on Friday, 25th October 10.30am – 11.30am, where Josefa and some of our clients will be performing for everyone. This is a fundraiser to support Age UK – Lamb House, and we kindly ask for a suggested donation of £2 to help raise funds. Please book your spot at reception. We look forward to seeing you there Refreshments and cakes available to purchase.	Free
Friday 25 th October	10.00-12.00	Digital Support from Sky: Bring along your phones, tablets and laptops to get advice on any issues you may be having.	Free
Thursday 31st October	14.00 – 16.00	Memory Cafe - Consultation Coming to Lamb House on Thursday 31st October, from 2-4pm, will be one of our new Age UK Memory Cafes. These sessions are for anyone experiencing memory issues and their family/carer. This initial session will be used as a consultation to find out what those attending would like from these cafe sessions going forward. Free refreshments will be provided. To find out more please call 01444 450248 or email.	Free

For more information on any of the above events and to book please contact:

01444 450248 or midsussex@ageukwsbh.org.uk
Lamb House, 2 Kleinwort Close, Haywards Heath, West Sussex, RH16 4XG